Get Help During Isolation & Quarantine

Support is Available

Isolation and Quarantine support is available for those who test positive for COVID-19 or are a close contact needing to quarantine.

Call the SFDPH COVID Resource Center at **(628) 217-6101** and **please leave a message** to get:

- Help setting up a space where you can isolate or quarantine away from others

- Food delivery and cleaning supplies

- Testing appointments and quarantine guidance for close contacts

- Financial assistance for those who test positive and meet eligibility requirements

- Mental health support

Phone calls are returned within 24 hours Monday - Friday. You can also call **211** for help with other services, including mental health support.

Get a Vaccine

Call **(628) 652-2700** to make an appointment. Getting the COVID-19 vaccine is one of the most important ways to end the pandemic and it is strongly recommended that all persons ages 5 and older get vaccinated. The FDA, CDC, and California's Scientific Safety Review Workgroup have reviewed data from clinical trials to ensure the COVID-19 vaccines are safe and effective.

The vaccines are free and available to everyone 5 years of age and older, and you do not need insurance.

For more info about the vaccine, including vaccine sites in San Francisco, visit **sf.gov/covidvax**.

Learn about the CDC's isolation and quarantine guidance after vaccination: **sfcdcp.org/quarantineaftervaccination**.

Get Tested for COVID-19

Visit **sf.gov/gettested** for where you can get tested free of charge, no insurance required. If you have a health care provider, you can also schedule a test with them.

Isolation and Quarantine Guidelines

If you've tested positive or have been exposed to COVID-19, visit **sfdph.org/iandq** to find out how long you need to isolate or quarantine.

Return to Work or School

If your employer or school is requesting a note and/or negative test to return to work, SFDPH has a general letter available that employees/personnel/students/teachers can provide to their employers or schools: **sfcdcp.org/workletter**.

This resource guide was developed by the San Francisco Department of Public Health (SFDPH) based on recommendations from the U.S. Centers for Disease Control and Prevention (CDC) and is posted at **sfcdcp.org/covid19.**

sf.gov/GetVaccinated

City & County of San Francisco